

Suprep Prep

2 Days Before Your Procedure:

- * Avoid nuts, seeds, and salads.
 - These can make it harder for your doctor to perform an accurate exam.
- * Pick up your prescription (Suprep) from your pharmacy.

1 Day Before Your Procedure:

- * **Follow a clear liquid diet as soon as you wake up.**
- * Drink lots of clear liquids to keep yourself hydrated!
- * A clear liquid diet includes:
 - water
 - coffee (only if you must; limit to 8 oz. and must be black, no cream or non-dairy creamer, sugar is OK)
 - tea
 - soda/pop (no red dye)
 - broth
 - white grape juice
 - popsicles (no added fruit and no red dye)
 - Jell-O (no added fruit and no red dye)





****No Red Dye****
**** No Milk Products****
**** No Solid Food****

- * Follow the Suprep Patient Instruction Sheet (enclosed with the kit):
- * Take 1st Dose at 5:00pm.

SUPREP Bowel Prep Kit is a split-dose (2-day) regimen. Both 6-ounce bottles are required for a complete prep.

FIRST DOSE: Begin Step 1 at **5** PM the evening before your procedure and proceed as shown below:

You must complete Steps 1 through 4 using one (1) 6-ounce bottle before going to bed:

STEP 1  Pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing container.	STEP 2  Add cool drinking water to the 16-ounce line on the container and mix. NOTE: Dilute the solution concentrate as directed prior to use.
STEP 3  Drink ALL the liquid in the container.	STEP 4 IMPORTANT  You must drink two (2) more 16-ounce containers of water over the next 1 hour.

Day of your Procedure:

- * Take 2nd Dose **5hrs** before your appointment time.

SECOND DOSE: your procedure and proceed as shown above:

For this dose, repeat Steps 1 through 4 shown above using the other 6-ounce bottle.

NOTE: You *must* finish drinking the final glass of water at least 2 hours, or as directed, before your colonoscopy.

- * If you have an early morning procedure, you may have to wake up very early.
- * You can continue to drink clear liquids up until 4 hours before your scheduled time.
- * **No solid foods!**
- * You may have a few sips of water only to take medications if need to.
- * Keep an empty stomach.

Please continue blood pressure, cardiac, anticonvulsant, thyroid, and psych medications according to your normal schedule. If you take iron, diabetic medications, blood thinners or diet pills, dosage adjustments are provided for you upon scheduling. Failing to stop these medications as directed before your procedure may result in anesthesia complications and possibly cancellation.

If you are unsure how to take your meds or have questions, please contact Huron Gastro 734-434-6262